

PHYSICAL AGILITY EXERCISES

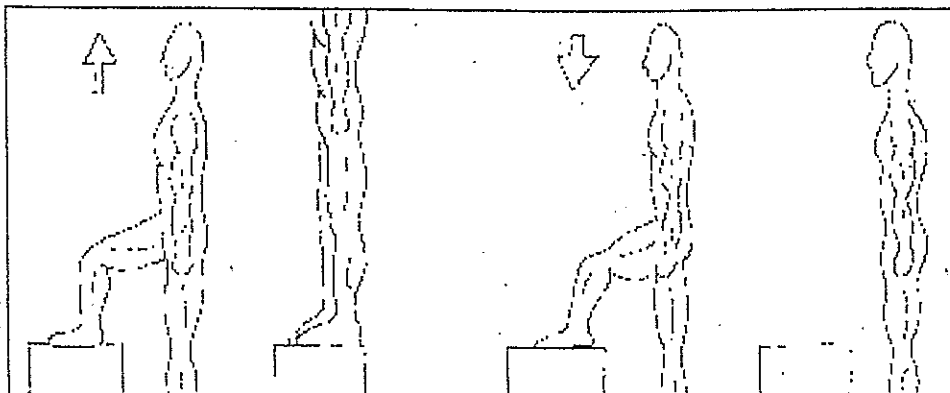
The physical agility examination contains four items measuring physical capacities or abilities that are needed for the successful performance of essential job tasks of Juvenile Justice Specialist Intern. Below is an outline of the exercises you will be asked to perform. Please wear suitable clothing and proper identification. If you have concerns about the physical agility test you may wish to contact your physician for consent to participate.

QUEEN'S COLLEGE STEP TEST

Purpose: The step test measures cardiovascular endurance while at the same time assessing the applicant's ability to climb stairs.

Procedure: With a metronome set at 96 beats per minute, applicants will step for three minutes to a four-step cadence on a step measuring approximately 14". You will step up on the step with one leg (count 1), bring the other leg to the top of the bench (count 2), return the first leg to the floor (count 3), and return the other leg to the floor (count 4).

Scoring: Applicants who complete the three minutes will pass this exam.

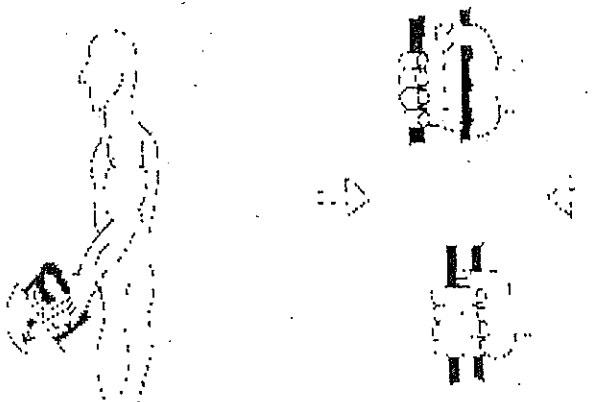


HAND GRIP STRENGTH TEST

Purpose: To measure combined gripping strength of the hands which is needed to apply restraints, and control or subdue violent youths. Grip strength also has a moderately high correlation with the total strength of 22 other muscles of the body. Thus, measurement of hand grip strength gives an indication of the overall strength of an individual.

Procedure: The applicant should be in the standing position with the head facing forward and the arms relaxed at the side. From this position, the applicant squeezes a hand grip strength dynamometer maximally and quickly for up to 5 seconds.

Scoring: The applicant's score is the sum of the best trial for the right hand and the best trial for the left hand. To pass this test, applicants must achieve a score of 51 kilograms.



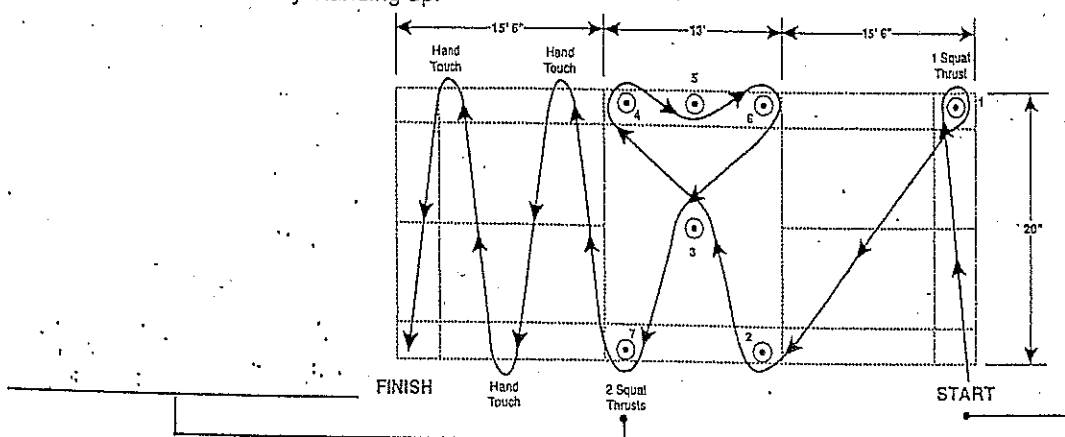
LSU AGILITY TEST

Purpose: Agility is a measure of a person's ability to rapidly change direction while maintaining balance and coordination. This test measures various kinds of agility in one test involving zigzag, dodging, shuttle running, and squat thrusts. Agileness of movement is important for defense, control, and restraint of hostile youths.

Procedure: The applicant lies on his back with feet behind the start line. When ready, the applicant scrambles to his feet and runs the obstacle course outlined below.

Scoring: Applicants must complete the obstacle course in less than 33 seconds. A penalty of .5 seconds is added to the score each time an applicant fails to perform the squat thrust in the correct four-count sequence.

Squat Thrusts: From an erect standing position, the applicant goes into a squat position by bending at the hips and knees and placing the hands flat on the floor in front of the body. The applicant then kicks both legs out behind and assumes a full push-up position. The applicant then returns his legs to the squat position, followed by standing up.



PUSH-UP TEST

Purpose: The push-up test measures the muscular endurance of the chest, upper arms, and shoulder muscles which are required in restraining, subduing, separating, and defending.

Procedure: In a prone (face down) position, the hands are placed at shoulder width and the upper body is elevated to a point where the arms are straight. From this position, the applicant lowers the entire body as a unit until the upper arms (triceps and biceps) are parallel to the ground. Recovery includes pushing back upward to a straight arm position. The applicant continues to perform as many push-ups as possible without stopping while the examiner counts the number of correctly performed push-ups. Men will perform the full version of push-ups; women may perform either the full push-up or modified (from the knees) push-up.

Scoring: The applicant's score is the total number of correctly performed push-ups. Applicants must perform a minimum of 17 push-ups.

